


# MAY 2013 EAST PARK REGIONAL CENTER ACTIVITY SCHEDULE

*\*Schedule Subject To Change\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>*Boot Camp</b> 6:00- 7:00am	<b>*ZUMBA</b> 6:00-7:00am	<b>*Boot Camp</b> 6:00- 7:00am	<b>*Yoga</b> 6:00-7:00am	<b>*Boot Camp</b> 6:00- 7:00am	<b>*Morning Flow Yoga</b> 8:00-9:00 am
<b>*Pilates</b> 6:00- 7:00am (Dance Studio)	<b>Adult Open Gym</b> 8:00-11:00am	<b>*Pilates</b> 6:00- 7:00am (Dance Studio)	<b>Adult Open Gym</b> 7:00am- 2:30pm (Various Activities)	<b>Badminton</b> 9:00-12pm (GYM)	<b>*ZUMBA</b> 9:00-10:00am ½ Court (Gym)
<b>Adult Open Gym</b> 11:30-2:00pm		<b>Badminton</b> 9:00-12pm (GYM)		<b>*Chisel</b> 12:00-12:45pm (Dance Studio)	<b>Open Gym Basketball</b> 9:00-12:00pm
<b>*Chisel</b> 12:00-12:45pm (Dance Studio)	<b>*ZUMBA</b> 12:00-1:00pm (Dance Studio)	<b>*Chisel</b> 12:00-12:45pm (Dance Studio)	<b>*ZUMBA</b> 12:00-1:00pm (Dance Studio)	<b>Adult Open Gym</b> 12:00-2:00pm	<b>Line Dancing</b> 10:30-11:30 am (THEATER)
<b>BASKETBALL GYM IS CLOSED DAILY FROM 2:15 - 6:00 PM</b> <i>(9:00 AM - 4:00 PM When Metro Public Schools students are out of School)</i> Afterschool Program features: <i>Homework Club, Arts &amp; Crafts, Sports, and Fitness</i> <b>Children must be registered to Participate.</b> Please see the front desk staff for more information For more information call 862-8448					<b>Hours of Operation:</b> Monday-Thursday: 6:00am - 8:30pm Friday: 6:00am - 7:30pm Saturday: 8:00am - Noon Sunday: Closed
<b>*Boot Camp</b> 6:00-7:00pm (GYM)	<b>*Kickboxing</b> 6:30-7:30pm (Dance Studio) <small>FREE 5/13-5/17</small>	<b>*Boot Camp (GYM)</b> <b>*Beginner Boot Camp (THEATER)</b> 6:00 - 7:00pm	<b>*ZUMBA</b> 5:30 - 6:30pm (GYM)		<b>Membership Fees:</b>
<b>*ZUMBA</b> 7:00 - 8:00pm (GYM)	<b>*Yoga</b> 6:30-7:30pm (Arts & Crafts Rm)	<b>Wednesday Night Ping-Pong</b> 7:00-8:00pm (Club Room)	<b>*Kickboxing</b> 6:30-7:30pm (Dance Studio) <small>FREE 5/13-5/17</small>		<b>Daily:</b> Adult \$3.00 Sr. & Youth \$1.50 <b>Monthly:</b> Adult \$30.00 Sr. & Youth \$20.00 <b>10 Visit:</b> Adult \$20.00 Sr. & Youth \$10.00 <b>Fit Card:</b> \$27.00 <i>(10 Fitness Classes)</i>
	<b>Line Dancing</b> 6:30 - 7:30pm (Theater)	<b>Adult Open Gym</b> 7:00 - 8:30pm (Various Activities-Volleyball, Badminton, Basketball etc.)	<b>*Intense Yoga</b> 6:00-7:00pm (Arts & Crafts Rm)		
	<b>Ladies Night Open Gym Basketball</b> 7:00-8:30pm		<b>Line Dancing</b> 6:30 - 7:30pm (Theater)		
			<b>Adult Open Gym Basketball</b> 6:30-8:30pm	<b>*Paid Classes-</b> <i>All classes are \$3.00 per class or you can purchase a Fit Card</i>	<b>Rental Fees: All Rates Per Hour</b> Small Club Room: \$35.00 Club Room w/ Kitchen: \$50.00 Dance Studio: \$50.00 Theatre: \$75.00 Building: \$100.00